

APRIL 2025

GROUP EXERCISE SCHEDULE



MON	TUES	WED	THURS	FRI	SAT	SUN
YOGA Jess 8:15am	CYCLE Cynthia 5:30am	CYCLE Martha 8:15am	CYCLE Cynthia 5:30am	BOOTCAMP Pam 5:30am	TABATA Kerri 7:30am	CARDIO PUMP Kerri 7:30am
POWER HOUR Kassey 9:00am	PUNCH & BURN Louie 7:00am	OCTAGON Kassey 9:15am	CYCLE Kassey 8:15am	CYCLE & SCULPT Tracy 8:00am	CORE & MORE Kassey 8:30am	OCTAGON Stef 8:30am
BALANCED FLEXIBILITY SESSION Deana 9:15am	BARRE Jess 8:15am	DRUM FITNESS Kassey 10:15am	CORE-FLEX Jess 8:15am	ULTIMATE SCULPT Kassey 9:00am	DRUM FITNESS Brittany 9:30am	
ZUMBA Crystal 10:00am	CYCLE Kassey 8:15am		BARBELL CONDITIONING Pam 9:15am	ZUMBA Crystal 10:00am		
	BARBELL CONDITIONING Kara 9:15am		LOW IMPACT Pam 10:15am			
	LOW IMPACT Kassey 10:15am		SOLID GOLD BOXING+ Robin 10:15am			
	SOLID GOLD BOXING+ Robin 10:15am					
YOGA Mary/Bridget 4:30pm	BODY BALANCE Robin 11:30am					
CYCLE Stef 5:30pm	ABS, ARMS & ASSETS Deana 4:30pm		YOGA Jenn 4:30pm			
DRUM FITNESS Kara 5:30pm	INTERVAL STRENGTH Stef 5:30pm	TURBO TABATA Martha 5:30pm	POWER PUMP Kerri 5:45pm			

**Reservations
Required**

